



# GEORGE F. LAMM

POST 622

## LAMM LIGHTS Newsletter for March 2025

Website: <http://americanlegionpost622.com> 716-204-2516

962 Wehrle Drive, Williamsville NY 14221

### Commanders Message

# 2025



Commander Phil

Hi everyone

I hope that you have been able to stay healthy and warm during this past month's cold temperatures that we have been dealing with. If you know other members or even your neighbors that are elderly or are not able to get out much, please give them a call and see if they are okay or if there is anything that you could do for them.

Our next scheduled Executive board meeting is scheduled for Saturday March 8th at 10:00 AM, with the Membership meeting to follow at 11:00 AM. It would be great to see you there if you can make it. We are always looking for any ideas on how we can become more involved with the Community. Should we consider something like a Family night for a variety of board games once the weather gets better?

If you enjoy Meat Raffles and might be interested in going to one, please check out our monthly calendar. There are quite a few scheduled for the month of March that you may be interested in. Take care for now and I hope to see you around.



Follow us on face book for updated news and events.

GFLP page : [George F. Lamm](#)

For God and Country  
Commander Phil



We offer confidential help for Veterans, service members, and their families at no cost in a non-medical setting. Our services include counseling for needs such as readjustment, depression, anxiety, post traumatic stress disorder (PTSD), and the psychological effects of military sexual trauma (MST). We can also connect you with more support in the VA and your community.

#### Our commitment

- We offer a range of services, from talk therapy to recreational activities. Our team will work with you to identify your goals and make a plan to meet them. We'll help you and your family build meaningful connections to improve your quality of life.
- Our counseling is confidential. We won't share any information about you or the services you receive without your permission—except in a life-threatening situation. Our records can't be accessed by other VA offices, the Defense Department, military units, or community providers.
- We encourage you to contact us, even if you're not sure you're eligible. We'll find a way to connect you with the help you need.

### Locations and contact information

#### Main Location

2929 Union Road  
Cheektowaga, NY 14227  
[Get directions on Google Maps](#)

#### Direct line

[716-862-7350](tel:716-862-7350)

#### Hours

Mon.	8:00 a.m. to 4:30 p.m.
Tue.	8:00 a.m. to 4:30 p.m.
Wed.	8:00 a.m. to 4:30 p.m.
Thu.	8:00 a.m. to 4:30 p.m.
Fri.	8:00 a.m. to 4:30 p.m.
Sat.	Closed
Sun.	Closed



**WNYVETS** | 24-7 CENTRAL REFERRAL SERVICE  
For WNY Veterans & Military Families

COUNSELING & MENTAL HEALTH | FAMILY HELP | RESOURCES

#### Buffalo Vet Center

We offer confidential help for Veterans, service members, and their families at no cost in a non-medical setting. Our services include counseling for needs such as depression, post traumatic stress disorder (PTSD), and the psychological effects of military sexual trauma (MST). We can also connect you with more support in the VA and your community.

📍 2372 Sweet Home Road  
Amherst, NY 14228  
☎️ 716-862-7350

[FIND OUT MORE](#)

**LAMM POST OFFICERS**

Commander	Phil English	716-398-8008
1st Vice		
2nd Vice	Scott Schomber	716-461-1018
3rd Vice	Don Helminiak	716-668-2905
Sgt-At-Arms	Don Helminiak	716-668-2905
Finance Officer	Bob Bruno	716-574-5574
Corp. President	Open	
1st Asst. Chaplin		
Post Manor Number		716-204-2516

**EXECUTIVE BOARD AT-LARGE MEMBERS 2025**

Benjamin Boyd		716-836-3256
Rick Herrmann		716-243-5348
David Shia		716-907-2329
Duane Swirgos		716-830-0435

**AUXILIARY OFFICERS 2025**

President	Debbie Diebold	716-836-9617
1st Vice	Theresa English	Unlisted
Secretary	Susana Colon	716-491-2429
Treasurer	Mary Ann Bush	716-759-1171
Chaplain	Sharon Huber	716-901-1092
Sgt-At-Arms	Lynne Nowak	716-361-0772

**Meat Raffle** Open to the Public  
 Doors open at 5 PM 1st Spin 6 PM   
**Saturday March 1st**

 **Meat Raffle**  
**Friday March 7th**  
 Doors Open 6 PM - First Spin 7 PM

**Meat Raffle**   
**Saturday March 8th**  
 Doors Open 6 PM - First Spin 7 PM

*George F. Lamm Post*  
  
 More Meat Raffle Information  
 on the Post Website  
[www.americanlegionpost622.com](http://www.americanlegionpost622.com)





 **Meat Raffle**  
**Friday March 14th**  
 Doors Open 6 PM - First Spin 7 PM

**All of the posted Meat Raffles at the George F. Lamm Post are open to the public. More information on some of the raffles can be found on our website, <http://americanlegionpost622.com/newandupcomingevents>**

**caboodle PRINTING**  
[www.caboodleprinting.com](http://www.caboodleprinting.com)

**GARY WODARCZAK**  
 MANAGING PARTNER

1975 WEHRLE DRIVE  
 WILLIAMSVILLE, NY 14221

 716.693.6000  
 716.796.1543  
 716.810.9326  
 [gary@caboodleprinting.com](mailto:gary@caboodleprinting.com)

**AMERICAN LEGION**

**JOIN AND RECEIVE**

- A voice in our nation's capital
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**JOIN TODAY**



# All Female Flight Buffalo-Niagara Honor Flight October 2025



## Veteran & Guardian Application Overview

Buffalo-Niagara Honor Flight, a hub of the National Honor Flight Network, recognizes United States veterans for their sacrifices and achievements by flying them to Washington, D.C. for an overnight trip to see service memorials at no cost. World War II veterans are given top priority, followed by Korean War veterans, and then Vietnam War veterans, and those with terminal illnesses. Veterans serving during those eras are eligible. **Applicants will be reviewed on a first-come, first-served basis.**

Veterans are accompanied by a guardian, an able-bodied adult who assists the veteran throughout the trip ensuring veterans have a safe and memorable experience. This may be a friend or family member. All guardians must complete a Guardian Application. If a family member or friend is not available, the Buffalo-Niagara Honor Flight organization will gladly provide a guardian. **For this All-Female flight, only female guardians are permitted.**

<https://buffaloniagarahonorflight.org/all-female-flight/>

Guardians are responsible to pay a fee that covers their expenses for the two-day trip. The fee will be assessed prior to the flight and **MUST** be paid two weeks prior to the flight. Check or cash are accepted. Anticipated fee is approximately \$475.

If you have any medical changes (including prescriptions) between the time of your application and your confirmed Mission, please let us know right away.

For questions, please contact Mary Piekart, via cell: 716-430-0634 or email [maryp@buffaloniagarahonorflight.org](mailto:maryp@buffaloniagarahonorflight.org)



# Never Forgotten



ROTARY CLUB OF WILLIAMSVILLE  
CELEBRATING 100 YEARS OF SERVICE TO THE COMMUNITY  
1925-2025  
P.O. Box 45  
Williamsville, NY 14221

716.634.2730

wojtowiczr@aol.com

**Veterans  
Crisis Line**  
DIAL 988 then **PRESS 1**



If you're in crisis, call the new  
Veterans Crisis Line number:  
Dial 988 then Press 1.



**ZUBA ZONE 716**  
SPORTS MEMORABILIA  
& TRADING CARDS

5872 Transit Rd  
Depew NY 14043  
716-393-3133



- Buffalo Sports Teams
- Jerseys
- Clothing Items
- Autographed items
- Collectable Helmets
- Pictures, canvas prints & many more items.....
- We Buy, Sell, Trade and handle Consignments

**FOLLOW US ON FACEBOOK**  
Zuba Zone 716 Sports Memorabilia & Trading Cards



3.1K likes • 3.3K followers



HOME VETERAN FLIGHTS GET INVOLVED GOLF TOURNAMENT -2024 EVENTS DONATE ABOUT US

## HONOR AMERICA'S HEROES!

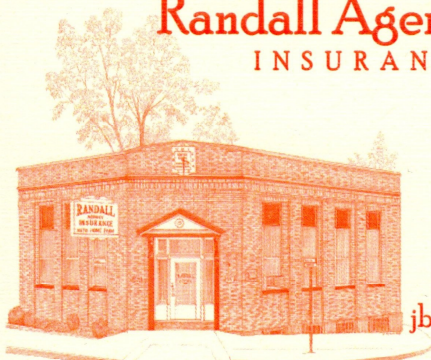
### Sponsor or Co-Sponsor a Buffalo-Niagara Honor Flight!

Sponsor a full flight, part of a flight or sponsor a veteran – Buffalo- Niagara Honor Flight sponsors are needed for the 2023 Fall flight and beyond. Sponsor levels vary – it all helps. If you or someone you know is interested, please contact us! We can have a one-on-one meeting or we can present at your organization to provide all the details. Thank you in advance for your consideration.

Contact: Tom Petrie, President  
Buffalo Niagara Honor Flight  
716-473-8465

<https://buffaloniagarahonorflight.org>

## Randall Agency Inc. INSURANCE



Jennifer L. Bucki  
Licensed Agent

Ph: (716) 992-3488  
Fax: (716) 992-9398

[jbucki@randallagency.com](mailto:jbucki@randallagency.com)

8584 S. Main Street • Eden, NY 14057



**PATRIOT**  
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Owner

11520 Main St Suite #2C  
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Mobile: (716) 510-9563

[Patriotsnowandlawn@gmail.com](mailto:Patriotsnowandlawn@gmail.com)



**Rutowski Pharmacies**



**Tile Pharmacy** 1031 Cleveland Dr.  
Cheektowaga  
716-632-4888

**Sinclair Pharmacy** 75 North Main St  
Warsaw  
716-786-2330

**Wanakah Pharmacy** 4923 Lakeshore  
Dr. Hamburg  
716-624-3232

**Cys Elma Pharmacy** 2317 Bowen Rd.  
Elma, NY  
716-652-3920

**Kenmore RX Center** 2818 Delaware  
Rd. Kenmore, NY  
716-874-6360

**Family Medical Pharmacy** 120  
Plaza Dr.  
Williamsville, NY 716-568-0800

**Who We Are:**

Rutowski Pharmacies are a locally owned group of six New York State accredited pharmacies dedicated to offering professional healthcare services to members of our community.

**What We Do:**

- Medication dispensing
- Medication organization (pill packs)
- Medication and device education
- Immunization (flu shot)
- Compounding
- Institutional services

**Institutional Service**

**Flu Shot Clinics:** We provide onsite immunization service for employers, schools, health care facilities, and groups.

**Medication Organization:** We provide medication organization services to individual patients as well as health care facilities such as nursing homes. We can tailor our services to fit any institution's needs. Our standard offerings include pill pack and blister cards.

**Medication dispensing:** We are able to provide medication dispensing services to an inpatient facility such as nursing homes, rehabilitation centers, groups homes, etc. This includes delivery services and medication review if required.



Contact the Post at  
[gflamm962@gmail.com](mailto:gflamm962@gmail.com)

**Call Bob For  
Your Next Event Or  
Fundraiser  
716-335-4881**

**Lamm Post  
Clubhouse..... 716-204-2516**



**Ashland Pest Control**



**Residential Pest Control for Buffalo and Western New York, NY**

Ashland Pest Control is a local, family-owned, and operated pest control business in Buffalo, NY. We began operations in 1968 under the vision of owner Richard Muscarella, Sr. His son Richard Muscarella, Jr., took over the company in 1980 and has carried it through to today. Ashland Pest Control has always relied on ethical pest management services, including integrated Pest Management strategies. We do what we can to provide the most customer satisfaction for our clients.

Our services are available for home and business owners throughout Buffalo and Western New York. We pay special attention to environmental factors and regulations with each service we provide. These effective services rely on the latest technologies and updated methods. Our technicians are all New York State DEC-certified and continue to stay up-to-date with the latest techniques and changes to state regulations so we can provide the absolute best services.



"Protectors of Health, Property and Environment"

**406 Connecticut St. Buffalo, NY 14213  
(71) 884-7431 Fax: 881-9578  
ashlandpest@hotmail.com**

**Serving Western New York for over 40 years**



# VETERAN'S COFFEE GROUP

Every first Monday  
of the month at 10:00 AM  
Come for a cup of coffee and share  
with other veterans who  
understand your story and lend  
support

# George F. Lamm Post

962 WEHRLE DRIVE  
NEAR CAYUGA ROAD



WILLIAMSVILLE, NY 14221  
PHONE: 716-204-2516

A GREAT PLACE TO HOLD YOUR EVENTS  
AND MEAT RAFFLES



OUR MAIN MANOR HALL WILL HOLD UP  
TO 230 PEOPLE WITH PLENTY OF  
PARKING FOR ALL.

CALL BOB AT 716-335-4881



Support DVA (Domestic Violence Awareness)

Kannon "Ball" 1st Scholarship

# MEAT RAFFLE

FRIDAY, MARCH 14, 2025

Doors open @ 6:00 PM | First Spin @ 7:00pm

KEDA

## TICKETS:

\$15 Entry Includes  
Unlimited Soda



For Tickets Contact: Diva (716)228-9448 & Anita  
(716)510-8950

50/50, silent auction, lottery hat and so much more!!

Bring your snacks & Dollar Bills!!

LOCATION:

George F. Lamm American Legion Post  
962 Wehrle Drive | Williamsville, NY. 14221



Empress 2029 Lacrosse

# Meat Raffle



Saturday, March 8

George F. Lamm Post

962 Wehrle Dr, Williamsville

Basket Raffle 50/50 Door Prize

Doors open at 6:00pm First draw at 7:00 pm

Tickets \$15 each or Table of 10 for \$120

Includes soda, beer and wine

cash bar for mixed drinks, BYO snacks and treats

Dont have a contact on  
the team?  
Please Call, text  
or email



Nicole Bauer  
585-217-2886  
or email  
nbauer0814@gmail.com

Empress 2029 Lacrosse Team Thanks You For Your Support



## ARE YOU A VETERAN?

DO YOU KNOW WHAT BENEFITS YOU  
ARE ENTITLED TO FOR YOUR FINAL  
ARRANGEMENTS?

OUR EXPERT FUNERAL DIRECTORS  
ARE HERE TO ASSIST YOU. CALL  
TODAY FOR A FREE  
CONSULTATION.

THANK YOU FOR GOD AND COUNTRY.

*Anthony P. Amigone Sr.*



US Army Veteran  
Korean War  
52 year member  
of Lamm Post  
Anthony P. Amigone, Sr.




716-836-6500  
[www.Amigone.com](http://www.Amigone.com)

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George F. Lamm**

A Special Thank You  
to one of our sponsors.



2975 Walden Ave, Depew, NY  
716-683-7336

Thank You for Supporting our Troops,  
our Veterans and  
The George F. Lamm Post   
Please support our sponsors

"ALL THAT IS NECESSARY FOR  
THE TRIUMPH OF EVIL IS FOR  
GOOD MEN TO DO NOTHING"







THANK YOU LAMM POST  
VETERANS AND ALL WHO  
HAVE SERVED TO KEEP US  
FREE

The Officers & Members of the Elevator  
Constructors Local 14  
Buy American, Use Union Labor  
3527 Harlem Rd. Buffalo, NY



# March 2025

We need  
**YOU!** 

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <b>Meat Raffle</b> Friday March 7th Doors Open 6 PM - First Spin 7 PM				<b>Meat Raffle</b>  Saturday March 8th Doors Open 6 PM - First Spin 7 PM		1 <i>Meat Raffle</i> Open 5pm 1st Spin 6pm
2	3	4	5	6	7 <i>Meat Raffle</i> 6PM 1st 7PM	8 <i>Post Members</i> <i>Meeting 11 AM</i> <i>Meat Raffle</i> <i>6PM-1st 7PM</i>
9 <i>Baby Shower</i>	10	11 <i>Elevator Union</i>	12	13	14 <i>Meat Raffle</i> 6pm—1st 7pm	15 <i>Manor BD Party</i> <i>5-10</i> <i>Lounge 130-430</i>
16	17  St. Patrick's Day!	18	19	20	21	22 <i>Party Lounge</i>
23	24	25	26	27	28	29 <i>Party -Manor</i>  <i>Lounge 12-3</i>
30	31				 <b>Meat Raffle</b> Friday March 14th Doors Open 6 PM - First Spin 7 PM	

George F. Lamm Post



George F. Lamm Post  
Members Meeting



The next meeting will be  
**Saturday March 8th**  
**Meeting 11 AM**  
Please Support  
Your Post